

MY HAPPINESS BUTTON CHALLENGE

TRACKER

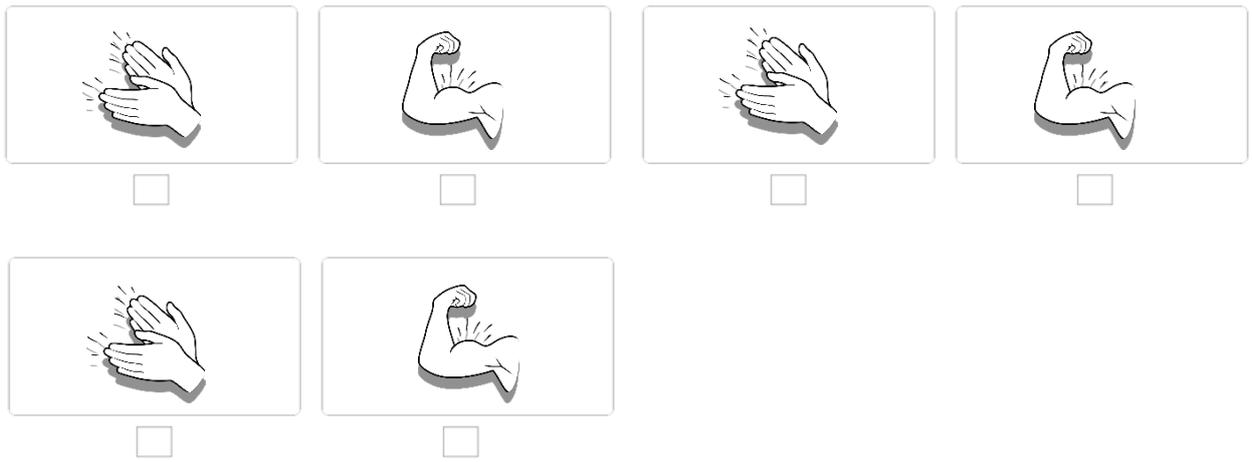
Tick two boxes a day.

Days 1-7 (Week 1) – Presence & Acceptance

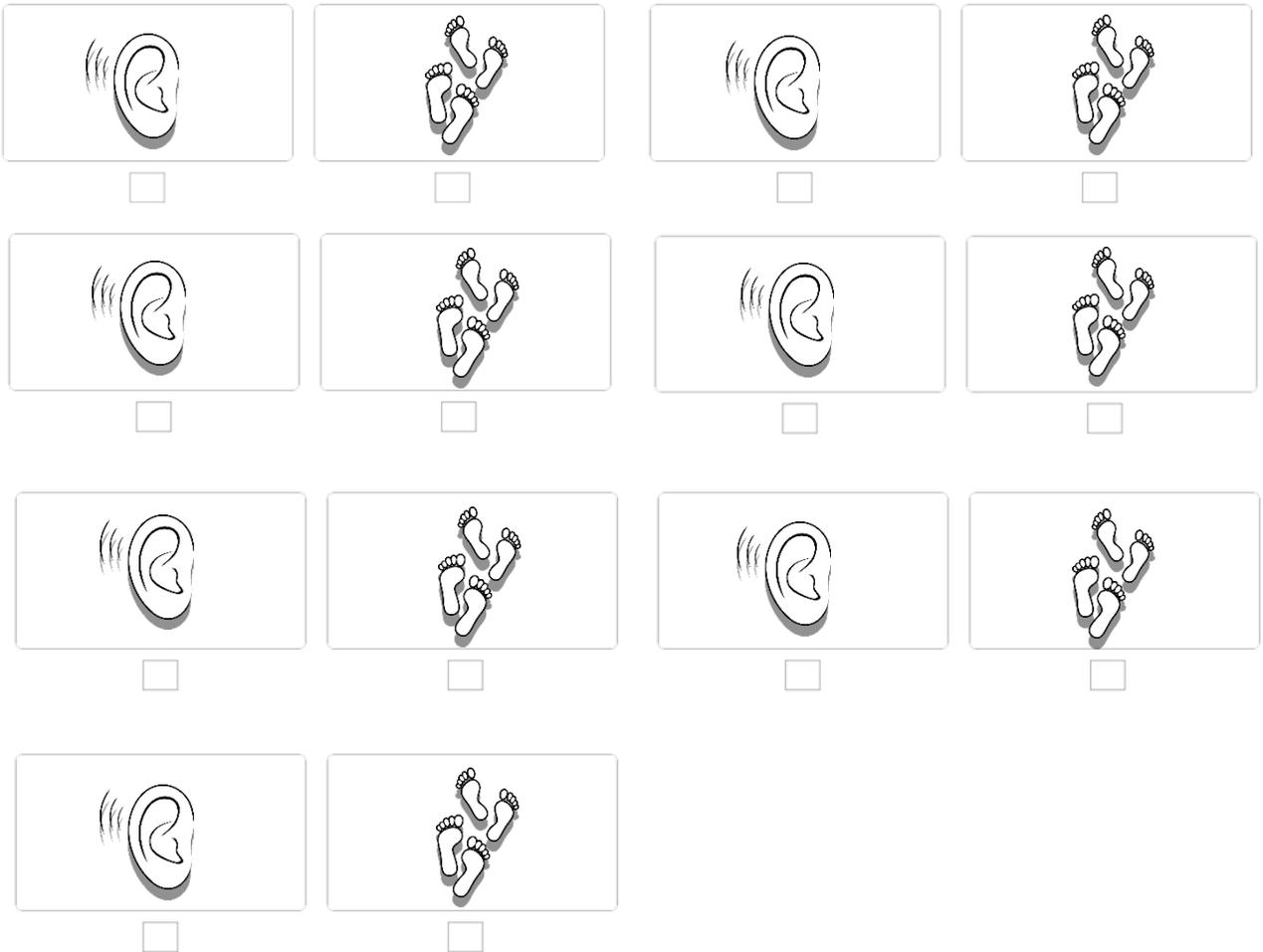
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Days 7-14 (Week 2) – Gratitude & Affirmations

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 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

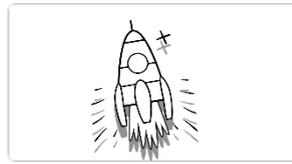


Days 14-21 (Week 3) – Compassion & Enjoying the Journey/Embracing Change



Days 21-30 (week 4) – Facing Fears/Negative Emotions & Additional Happiness

Boosters



#MyHappinessButtonChallenge



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